

TRIP TO THE OMNI IMAX THEATER

Join us on Thursday, July 16th for a day trip into Boston. We'll be leaving Foxborough at 10:30 a.m. and travel via motorcoach to the Venezia Restaurant in Dorchester for a luncheon by the water. The entrée choices for our sit down lunch are: Boston Baked Haddock, Chicken Parmigiana with Pasta, Steak Tips with Risotto, Chicken Piccata or Pasta Primavera. All meals are served with salad, dessert and coffee or tea. We will be able to enjoy the water views while we eat. After lunch, we'll head over to the Museum of Science where we'll see an informative and exciting show at the Omni Imax Theater. The cost for this trip is \$81.00 per person and includes all gratuities. If you're interested in joining us, please call the senior center at 508-543-1252 to sign up beginning on Wednesday, May 13th.

Monday, May 11

Chair Yoga 9:30 a.m.

Tai Chi 10:30 a.m.

Knitting 1:00 p.m.

Shaws 1:00 p.m.

Tuesday, May 12

Stretch & Balance 8:30 a.m.

Zumba Gold 9:45 a.m.

Blood Pressure 10:00 a.m.

Nutrition 11:00 a.m.

Movie Day – "Mud" 12:30 p.m.

Talespinners 2:00 p.m.

Wednesday, May 13

Sign up begins for Trip to the Venezia and Omni Theater 8:00 a.m.

Strength Training 8:30 a.m.

Chorus 10:00 a.m.

Zumba Gold 11:30 a.m.

Mother's Day Luncheon 12:30 p.m.

Job Lot 1:00 p.m.

Thursday, May 14

Aging Mastery Program 11:00 a.m.

History Lecture Series 1:00 p.m.

Friday, May 15

Stop & Shop 8:30 a.m.

Aerobic Exercises 9:30 a.m.

Card Making Class 11:00 a.m.

Cribbage 11:00 a.m.

Saturday, May 16

Friends of Foxboro Seniors Meeting 9:30 a.m.

Monday-Thursday 8 a.m. to 4 p.m., Friday 8 a.m. to 3 p.m. Tel. 508-543-1252. www.foxboroughma.gov

SPECIAL PROGRAM

FRIENDS OF FOXBORO SENIORS PLANT SALE

Attention all gardeners! As the weather gets nicer and perennials start coming up and need thinning, think of donating them to the Friends of Foxboro Seniors Plant Sale. They will be happy to accept your cuttings, plants, bulbs or shrubs, and they will also be happy to accept donations of any plastic or clay pots as well. You can place items in a pot, plastic container or even a plastic bag. One hundred percent of the proceeds from the sale

will go to the Friends of Foxboro Seniors for their support of programs at the senior center. The sale will be held on the Foxboro Common on Saturday, June 6th from 8:00 a.m. to noon, rain or shine. Please note that this is a plant sale only. To make arrangements for your donation or for further information, call Joanne Pratt at 508-543-6964.

SCRABBLE GROUP

Do you enjoy playing a game of Scrabble or would you like to learn how to play? We're thinking of starting a new Scrabble group that will be meeting on Monday afternoons starting May 18th from 12:30 to 3:00 p.m. Challenge your mind, enjoy some time with friends and have lots of fun. If you're interested in joining us, please call the senior center at 508-543-1252 to sign up.

MOTHER'S DAY LUNCHEON

Come and celebrate Mother's Day with us here at the senior center on Wednesday, May 13th at our Mother's Day Luncheon. All women are welcome and encouraged to treat themselves to a delicious lunch and socialize with friends from 12:30 to 1:30 p.m. Enjoy spending time with each other in honor of Mother's Day, sharing remembrances of your mother or of being a mother yourself. This luncheon is for Foxborough residents only and space will be limited, so please call 508-543-1252 by Thursday, May 7th to reserve your spot!

HISTORY LECTURE SERIES WITH PAOLO DIGREGORIO

With the help of partial program funding from the Friends of Foxborough Seniors, Paolo DiGregorio, the "Artifactual Scholar," will be back at the senior center to present his second series of historical lectures at 1:00 p.m. on the following Thursday afternoons: May 7th, 14th and 21st. The topic of the May 14th program is "Vietnam." Paolo will be talking about the history of Vietnam starting from the late 19th century to the present. Come join us as we listen to Paolo bring history to life. If you're interested in attending, please call the senior center at 508-543-1252.

MY LIFE, MY HEALTH WORKSHOP

Do you suffer from a chronic condition such as arthritis, heart disease, cancer, diabetes, asthma, high blood pressure, migranes etc., or are you the caregiver for a person with a chronic condition? Join us for the six weekly workshops of the **My Life, My Health** Chronic Disease Self-Management Program to be held at the senior center beginning on Wednesday, May 20th. This community workshop is designed to give people with chronic conditions and/or their caregivers the knowledge and skills needed to take a more active role in their health care and to better manage their symptoms and their daily lives. Workshops cover different topics such as: 1) techniques to deal with problems such as frustration, fatigue, pain and isolation, 2) appropriate exercise for maintaining and improving strength, flexibility and endurance, 3) appropriate use of medications, 4) communicating effectively with family, friends and health professionals, 5) nutrition, 6) decision making, and 7) how to evaluate new treatments. This is an evidence-based program with proven positive results for program participants. The six workshops will be held on Wednesday afternoons from 1:00 p.m. to 3:30 p.m. beginning on Wednesday, May 20th through Wednesday, June 24th. Seating will be limited so if you are interested in taking part in this program, please call the senior center at 508-543-1252 to sign up.

AGING MASTERY PROGRAM – ADVANCE PLANNING

The ninth workshop in the Aging Mastery Program (AMP) will be held on Thursday, May 14th at 11:00 a.m. at the senior center. This subject of this workshop is "Advance Planning" with guest speaker Cathy Varum. The program is to provide guidance around key steps needed to manage health care, financial, and housing/care decisions with a focus on considering the role of personal values and beliefs in these decisions. This program is available exclusively for participants in the Aging Mastery Program.

SENIOR SUPPER CLUB

You are invited to join our Senior Supper Club on one Wednesday each month from now through the month of October. Are you tired of eating supper alone? Come on over to the senior center for a nice evening meal and join your friends from the Foxborough Council on Aging and HESSCO Elder Services. On Wednesday, May

27th, we'll be enjoying a meal of Honey Lime Boneless Breast of Chicken, Red Bliss Potatoes, Tarragon Carrots, Wheat Bread and a Cookie. The event starts at 4:30 p.m. with supper to be served at 5:00 p.m. A voluntary donation of \$3.00 per person can be given on that evening. Space is limited, so please let us know to save a place for you. Call us at 508-543-1252 to make your reservation and to arrange for transportation, if needed.

MEN'S BREAKFAST

The next Men's Breakfast will be held on Thursday, May 28th at 9:00 a.m. Our guest speaker this month will be Jerry Cirillo, Director of the Boyden Library. The cost for the Men's Breakfast is \$3, and if you would like to attend please call the senior center at 508-543-1252 by Friday, May 22nd to sign up. As always, everyone is welcome to join us for the speaking portion of the program at no cost after the breakfast has been served.

TRIAD

TRIAD is part of a national program that is a three-way partnership between seniors, law enforcement agencies, and the Council on Aging. This partnership works together to reduce criminal victimization of senior citizens and to enhance their awareness of support service. TRIAD also works to increase senior participation in crime prevention and detection programs. The purpose is to reduce crime against seniors and help improve the quality of life of all citizens, especially seniors. TRIAD is a senior citizen run and directed group, and currently has openings for volunteer leader positions. Use this opportunity to bring forward your safety issues and concerns by becoming involved in this important organization. TRIAD meetings are usually held on the third Wednesday of each month, and the next TRIAD meeting will be on Wednesday, May 20th at 1:00 p.m. Everyone is welcome to attend these informational services.

SENIOR CENTER PROGRAMS ON CABLE AND DVD LENDING LIBRARY

Watch "Your Scene Your Center" on Foxboro Cable Access, Comcast channel 22 and Verizon channel 38, on Wednesdays and Thursdays at 1:00 p.m. and 7:00 p.m. On May 13th and 14th the featured program will be the American History Series: "We the People." All of our senior center programs are available on DVD and can be borrowed from our DVD Lending Library.

SCAM ALERT

The IRS is STILL NOT calling you! If you receive a telephone call from someone identifying him/herself as calling from the IRS, this is a scam. Do not give out any information, and if a message has been left on your answering machine, do not return the phone call.

MEDICAL INFORMATION AND SERVICES

BLOOD PRESSURE CLINIC

Our next Blood Pressure Clinic will be held on Tuesday, May 12th from 10:00 a.m. to 12:00 noon. The Blood Pressure Clinic is held once a month at the senior center on the 2nd Tuesday of each month. Transportation is available. This is a free clinic and is open to Foxboro residents of all ages by appointment only. Please call the office at 508-543-1252 to set up an appointment.

S.H.I.N.E

You can obtain health insurance information and assistance through the SHINE (Serving the Health Information Needs of Everyone) Program. The SHINE program provides free and confidential health insurance information counseling and assistance to Massachusetts residents who are or will be eligible for Medicare and their families. We have SHINE counselors, Judy Murphy and Ed Raider, who can meet with you individually at the senior center on the 1st Tuesday and 3rd Thursday of the month in the mornings. The next appointments are being scheduled for May 21st and June 2nd. In addition to the SHINE program, Social Worker Pam McGuire and Human Services Coordinator Cathy Varnum are available at the senior center to help answer any questions you may have regarding Medicare and your health insurance options. If you would like to meet with Pam or Ken, call the senior center at 508-543-1252 to set up and appointment.

REGULARLY SCHEDULED

MOVIE DAY

The movie for the month of May is scheduled for Tuesday, May 12th at 12:30 p.m. and our featured film will be “Mud.” Mud is an adventure story about two boys, Ellis and his best friend Neckbone, who find a mysterious man named Mud (Matthew McConaughey) hiding on a deserted island in the Mississippi. Mud tells the boys fantastic stories about his life, including how he killed a man in Texas and that vengeful bounty hunters are coming to get him. He says he is planning to meet and escape with the love of his life, Juniper (Reese Witherspoon) who is waiting for him in town. Skeptical but intrigued, Ellis and Neckbone agree to help him. But it isn’t long until Mud’s tales come to life and their small town is besieged by bounty hunters out for blood. So come join us at the senior center to watch the movie and we’ll supply the hot, fresh popcorn. Feel free to bring your lunch to enjoy ahead of time in our Coffee Connection and take in a good movie with friends. Please call us at 508-543-1252 if to sign up.

CARD MAKING

Lean the fun and creative craft of card making at the senior center. Our volunteer instructor, Helen Rice, teaches a card making class on Fridays from 11:00 a.m. to 1:00 p.m. The fee is just \$1 per class and will cover your supplies and the instruction. Improve your already existing skills or learn something completely different. Come join the card makers in the senior center from 11:00 a.m. to 1:00 p.m.

LUNCHEON OUTING

On one Wednesday each month, we go on a luncheon outing to an area restaurant. Our next luncheon outing will be to The Horse and Carriage Restaurant on Wednesday, May 20th at 1:00 p.m. Seating is limited, so if you’d like to join us, please call the senior center at 508-543-1252 to sign up by Monday, May 18th. Van transportation is available.

STRETCH AND BALANCE

On Tuesdays from 8:30 a.m. to 9:30 a.m. we are offering a “Stretch and Balance” class at the senior center. One of our favorite YMCA instructors, Joyce Collins, leads this low impact form of exercise incorporating adapted yoga moves, balancing, stretching, toning, breathing and relaxation. Many of the exercises are done with the participants seated in chairs. This class is appropriate for all levels and there is a \$2 charge for each class. Come and give it a try!

STRENGTH TRAINING

Our Wednesday morning exercise classes begin at 8:30 a.m. every week and feature stretching routines and exercises that focus on the stomach, legs, arms and shoulders. During our class we also use small hand weights as we work on our conditioning and our strength training. We have an instructor from the YMCA to lead our class and there is a \$2 charge for each class. This class is open to both men and women, so come join us. It is a great opportunity to get in shape and have lots of fun at the same time.

CHAIR YOGA CLASSES

If you’ve thought about taking a yoga class, but have felt intimidated by the standing and the bending involved in the various yoga positions, come join us for our Chair Yoga Class at 9:30 a.m. on Monday mornings at the senior center. Chair Yoga is a gentle form of yoga that can be done while sitting on a chair or while standing and using a chair for support. The yoga positions used in the class will help to increase your flexibility, range of motion and core body strength while also incorporating the breathing and mind-body benefits of traditional yoga. This class is led by YMCA instructor Michelle Laller, and there is a \$2 charge for each session.

ZUMBA CLASSES

Zumba classes are meeting weekly in the senior center on Tuesday mornings from 9:45 a.m. to 10:45 a.m. and on Wednesday mornings at 11:30 a.m. Zumba is an exercise program inspired by Latin dance that combines Latin rhythms with cardiovascular exercise to create an aerobic routine that is fun and easy to follow. Come

and learn some Latin dance moves with our instructor Bilyana “BB” Dimitrova, and have some fun while getting in shape. There is a \$2 charge for each class.

MANICURES

Our manicurist Sheri Thorpe will be at the senior center on Tuesday, May 19th beginning at 9:00 a.m. for 20 minute appointments. Sheri uses OPI products. Just call us at 508-543-1252 to make your appointment for this service that will leave you feeling and looking great.

JOIN US FOR TAI CHI

Come and try a Tai Chi class. Tai Chi is held on Mondays from 10:30 a.m. to 11:30 a.m. Our instructor, Jeanne Donnelly, has been teaching exercise for many years. In addition to her Tai Chi instruction, Jeanne is a personal trainer and teaches Qi Gong and Yoga. There is a \$2 charge for each class. Take advantage of this great opportunity to try something new and fun for your general well-being. Come ready to move and stretch in your loose clothing and sneakers or comfortable flat shoes.

BINGO

Come and join us for Bingo at the senior center on the first Tuesday of every month. Try your luck and win cash prizes in varying amounts. There is a nominal fee of \$1 per card. Our next Bingo afternoon will be on Tuesday, June 2nd from 1:30 p.m. to 3:00 p.m. Please call us at 508-543-1252 to let us know if you’ll be joining us. This event is sponsored by the Friends of Foxboro Seniors.

LOW VISION SUPPORT GROUP

Our Low Vision Support Group meets on the third Thursday of every month from 1:00 p.m. to 2:00 p.m. The next meeting will be on May 21st. This is an adult group providing peer support and information for anyone with vision loss, or those who have concerns about their vision. Seniors from Foxboro, as well as surrounding towns, are welcome! Van transportation is available for Foxboro residents by calling the senior center at 508-543-1252.

SHOPPING

We will be going to Shaw’s on Mondays at 1:00 and to Stop & Shop on Fridays at 8:30 a.m. There is room on the van if you would like to take advantage of sales at both stores. We also schedule other shopping trips on Wednesday afternoons at 1:00 p.m. If you would like to go on the van, please call the senior center at 508-543-1252 to arrange for a ride. The following is a list of other shopping trips and outings we have planned:

May 13 – Job Lot

May 20 – Luncheon outing to Horse and Carriage

MEALS AT THE RODMAN BUILDING AT ANNON COURT SERVED AT 11:45 A.M.

If you plan to eat, give Marcia at least two days notice by calling 508-698-0754.

Please note that after many years without an increase in price, the suggested donation is now \$3.00. The Van-Go is available for transportation on a limited basis by calling the senior center at 508-543-1252.

Meals contain approx. 700 calories, 600 mgs. sodium with no added salt, 3 oz. entrée, low fat & low sodium gravies.

Monday, May 11

Cold Plate

Chicken Salad

Tricolor Pasta Salad

Three Bean Salad

Pita Bread

Mandarin Oranges

Calories 452

Sodium 292

Tuesday, May 12

Shepherd's Pie

Glazed Carrots

Multigrain Roll

Chocolate Chip Cookie

Calories 481

Sodium 363

Wednesday, May 13

Spring Vegetable Soup

BBQ Chicken

Rice Medley

Wheat Roll

Banana

Calories 429

Sodium 511

Thursday, May 14

Pork Tetrazzini

Buttered Noodles

California Blend Vegetables

Wheat Bread

Peaches

Calories 603

Sodium 279

Friday, May 15

Breaded Fish Sandwich

Tartar Sauce

Chuck Wagon Vegetables

Hot German Slaw

Hamburger Bun

Pears

Calories 483

Sodium 648